

CREW OFF-DUTY

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:40-09:05	FE -1	"Greetings to Russian Academy of Sciences and Russian Academy of Medical Science academician A.N. Konovalov" / Use [B/κ] 1 (To=08.40, T1, T2, T3 from CΠΠ)
10:15-12:30	CDR	Physical exercise (TVIS+RED)
11:30-12:30	FE -1	Physical exercise (VELO+Load Trainer-1 / day 3)
12:30-13:30	.	LUNCH
14:55-15:10	CDR	Private psychological conference (S+Ku-band)
15:45-17:15	FE -1	Physical exercise (TVIS / day 3)
17:15-17:45		COЖ maintenance / (Report to MCC water supply system (CBO) and flush counter (CΠ) data and results of Elektron-VM gas-liquid mixture (ΓЖС), БРПК inspection)
17:45-18:15	.	Daily plan review
18:15-18:30		Daily planning conference (<i>S-band</i>)
18:30-19:00		Work prep
19:00-19:30		DINNER (Renal-pill ingestion)
19:30-20:00		Daily food prep
20:00-21:00		Pre-sleep
21:00-05:30		SLEEP
Task list	FE -1	URAGAN
		DIATOMEA
		Search for missing equipment

Note: See OSTP for all US procedure references
End of radiogram